



A mum-to-be does not need to eat for two

PREGNANCY

ARTICLE

NOV 4, 2016

1 MIN

Gaining the recommended amount of weight during pregnancy can help your baby's development before birth and ensure a normal weight at birth.

Typically, a woman beginning pregnancy at a healthy weight doesn't have increased energy requirements during the first 3 months of pregnancy, but she will need 1400-1900 extra kilojoules each day during the last 6 months of pregnancy for healthy growth and development of her baby.